

"Alone With Jesus"

Thanksgiving After Holy Communion

by

REV. GEORGE A. KEITH, S.J.

(Copyright)



Mass is Over. Jesus and I are Alone Together—Just "All by Ourselves." If I Can, I will **Always Remain** after Mass and make a **Good Thanksgiving**. This may be my **Last Communion**; I will make it my **Best**. This may be my **Last Thanksgiving**; I will make it my **Best**. Thanks to others always, but **Always Thanks** to God, and with **All My Heart**—These few are **Precious Moments**.

"MY THANKSGIVING"

(Learn By Heart—Say Devoutly.)

"Jesus, I Believe that You are My God. I believe that I have received Your **Body**, Your **Blood**, Your **Soul**, Your **Divinity**. You are my **Creator**, my **Redeemer**, my **Sanctifier**, my **God for All Eternity**."

"Jesus, I **Adore** You as the **Angels** and **Saints** do in **Heaven**. My **Lord**, My **God**, My **All**!"

"O **Sacrament Most Holy**, O **Sacrament Divine**,
All **Praise** and All **Thanksgiving**
Be Every **Moment Thine**."



"Jesus, I Thank You, now in my heart, for All that You have Done for me; for All that You have Given me. I thank You for the Gifts of my Body; for my Eyes, my Ears, my Tongue, my Hands, my Feet. (Some cannot see and hear and speak as I can.) Thanks for my Health. Thanks, too, if Sickness comes; Your Holy Will Be Done. Thanks for the Gifts of my Soul; my Memory, my Intellect, my Will. Thanks for my Heart; with All My Heart I Love Your Sacred Heart. Thanks for this Holy Mass and my Holy Communion."

"Forgive me All My Sins, All my sins of the Day and all my sins of the Night, even the Least. I am as Sorry for them Now as I want to be on my Death Bed. I will Try Never to Sin again."

"Help me in Temptation. Give me a Quick and a Strong Will. Help me Always to say 'No' to Sin—'No' to the Occasions of Sin, Especially of my Past Sins. Take Out of my heart All Desire for Any Sin. Keep me True."

"Jesus, Bless Me. Make me 'Just Like You' and 'Just Like Mary', Pure and Kind and Prudent and Brave. Inspire me to Do Only what is Best. Give me Zeal. Make me an Apostle. Give me Souls and Make a Saint of Me."

"Jesus, I put my Heart Inside the Open Wound of Your Sacred Heart. At times my heart Aches, it is almost Broken, but Yours ached First and Most. It was Pierced on the Cross For Me. Jesus, Help Me. Give me Courage."





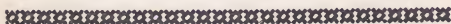
"Jesus, Bless all my Dear Ones. Bless all my Friends and all my Enemies. Bless the Poor, the Sick, the Dying. Bless the Souls in Purgatory, grant them all the Indulgences I can gain."

"Bless the Church; Our Holy Father, the Pope; our Bishop; our Pastors, and all Priests; the Brothers; the Sisters."

"Jesus, Bless Vocations." Call Many to "Follow You." Tell Me What You want Me to Do for You. Bless Non-Catholics and Draw them to Your Sacred Heart. Bless the Missions and the Millions of Pagans in the world. You Died for them as well as for me. I Love them for Your sake."

Looking at the Crucifix, to Gain a Plenary Indulgence, I will Pray and Earnestly:

"Look Down Upon Me, Good and Gentle Jesus, while before Thy Face I Humbly Kneel; and with Burning Soul Pray and Beseech Thee to Fix Deep in my Heart Lively Sentiments of Faith, Hope and Charity; True Contrition for My Sins and a Firm Purpose of Amendment. While with Great Love and Tender Pity I Contemplate Thy Five Wounds, Pondering over them within me, calling to mind the words which David, Thy Prophet, said of Thee, My Jesus: "They have Pierced My Hands and My Feet; They have Numbered All My Bones." - - - - Say One Our Father, One Hail Mary and Gloria for the Intentions of Our Holy Father.





**Now Ask Some Special Favor for Yourself,
If it be God's Holy Will to Grant It.**

**Then Looking Right at Our Lord in the
Tabernacle, with All My Heart, I'll Tell Him:**

**"My Jesus, I am Coming Back to You
Often, as Often as I Can. I will Come to You
'Just As I Am.' Remember, Make and Keep
Me 'Just Like You' and 'Just Like Mary'
Always!"**

MARY

**"My Queen and My Mother!
Keep Me Pure — Immaculate —
Kind and Prudent and Brave. .
Make a Saint of Me.**

JESUS, MARY AND JOSEPH

**"Give Me a Holy and a Happy Death.
May I Die in Peace and In Your Loving Arms."**

**"Jesus, the Red Sanctuary Lamp Burns be-
fore You. My Heart Burns, Too, with Love
for You. Some day I will see You 'Face to
Face' in Heaven. There we will be Together
— Always."**

**(Ecclesiastically Approved—
Revised Edition 1950)**

